

WHEN TO FEED SOLID FOODS TO INFANTS?

Dear Homemaker,

There are no set rules about what foods to feed your baby first. Your doctor will recommend what to feed your infant as well as the time schedule. All children are different, so consult your doctor.

When new foods do not agree with the baby, he/she will become ill. Usually the doctor will have you add one food at a time. In this way, you can tell if the food causes stomach aches or diarrhea.

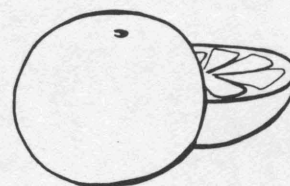
The foods besides milk usually introduced first are:

- Cereals fortified with iron.
- Juices or fruits containing Vitamin C. Synthetic juices are *not* recommended because of the high concentration of sugar as compared to real fruit. Sweet food held overnight in the mouth can cause teeth to decay.

Help your infant get a good start early!

Sincerely,

Name and Title



Food for Baby

WHEN TO START

At birth

The doctor will tell you when to start different foods for your baby. This is a general time table.

Milk or formula
Water
(Vitamin supplement as prescribed by doctor)

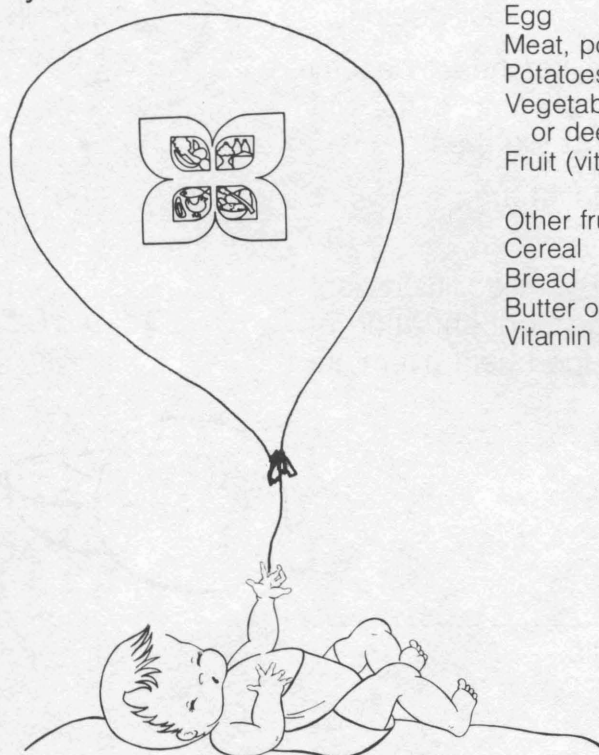
1 to 4 months

Introduce solid foods
First precooked strained cereals
First to fourth month, pureed fruits and vegetables
Third month, meat and egg yolks

After 3 months

Foods from the Four Food Groups —
Milk, Meat, Vegetables and Fruits, Breads and Cereals

1 year



| | |
|---|--|
| Milk | 3 to 4 cups |
| Egg | 1 whole |
| Meat, poultry, fish | 2 tablespoons |
| Potatoes | 2 tablespoons |
| Vegetables (green leafy or deep yellow) | 2 tablespoons |
| Fruit (vitamin C) | 1 medium orange or ½ to ¾ cup tomato juice |
| Other fruit | ¼ cup |
| Cereal | ¼ cup |
| Bread | ½ to 1 slice |
| Butter or margarine | 1 teaspoon |
| Vitamin D supplements | |

By the end of his first year, baby needs foods from the Basic Four Food Groups.

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